



Early Childhood Community Wellness Program



A holistic program designed to improve the health and well-being outcomes of the early childhood community - educators, children and families.

How does it work?

Why do we need a Wellness Program for our Early Childhood community?

This year has been incredibly challenging for everyone in our Early Childhood sector. Many educators report feeling stressed, anxiety, undervalued, overworked, burnt out and not-supported.

The ACECQA website lists significant benefits when educators have a strong sense of well-being.

Significant benefits of wellness programs in early childhood services:

- Reduction in absenteeism, leading to reduced costs in recruitment and challenges of turnover
- Improved teamwork, collaborative efforts
- Greater revenue from presenteeism, increased productivity, improved job satisfaction, greater engagement by employees with their work and greater promotion of your brand and culture.
- Developing a sense of trust with your employees and families that you take the initiative to care for your people.

With positive employee well-being comes improved productivity and revenue, collaboration, excellent work ethics, reduced turnover costs.



Who does the program benefit?

The program benefits everyone in your early childhood community - your educators, children and families.

We work with you in cultivating a culture of health and well-being in your early childhood service which encourages everyone in your service to maximise health and wellbeing for themselves and others, your community and environment.

What does the program entail?

It is a 12 month program that covers the seven pillars of wellbeing:

- Physical wellbeing
- Mental wellbeing
- Social and community wellbeing
- Occupational wellbeing
- Environmental wellbeing
- Purposeful wellbeing
- Financial wellbeing

The program supports your educators, children and families in optimising their holistic well-being by equipping them with easy to implement skills and knowledge to create meaningful change and positive coping strategies.



What will I receive over 12 months?

Option 1:

- One monthly visit to your service consisting of 45 min delivery of our wellness program to all staff members. Each month covers a different topic to support the holistic pillars of wellbeing for employees . This option is engaging and influential amongst team members and equips employees with easy-to-implement tools to optimise their wellbeing.
- Weekly tips and resources accessible digitally for educators and families (suitable for uploading on family communication platform)
- Weekly educational resources for educators to extend learning for children
- 1 Parent information Wellbeing session

Option 2:

- One monthly visit to your service consisting of the delivery a 30 min wellness program to children and a 15 minute coaching session providing your allocated well-being leader and/or service manager with education, resources and information on the month's wellbeing pillar. Wellbeing leader and service manager are well supported to implement strategies with team members across the service.
- Weekly tips and resources accessible digitally for educators and families (suitable for uploading on family communication platform)
- Weekly educational resources for educators to extend learning for children
- 1 Parent information Wellbeing session

How much does it cost?

\$470 per month face-to-face delivery

\$390 per month digitally

A healthy, positive workplace

The key aspects of this program aims to build a positive, kind, supportive culture within each early childhood service and inspire healthy workplace wellbeing by:

- Equipping employees with skills and knowledge to improve their individual well-being and collectively as a team.
- Conducting an anonymous survey to identify what “Wellbeing” means to each staff member and areas in need of support.
- Identifying the triggers of stress in the workplace and providing solutions
- Understanding the communication and coping styles for each staff member for improved communication, empathy and understanding with each other.
- Supporting each team member to be the best they can be.



Benefits of positive well-being in children

- Increased capacity to understand and self-regulate own feelings, and demonstrate empathy for others
- Engage in positive relationships with families and friends
- Positive view of themselves and feelings of belonging within the community
- Improved confidence and willingness to try new things
- Show enthusiasm in education, learning and play
- Improved ability to engage with and support others



**Contact us today to support the wellbeing
of your early childhood community!**



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